



## CIVIL AIR PATROL - NORTHEAST REGION UNITED STATES AIR FORCE AUXILIARY

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- NER Website  
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- National Safety Pages  
<http://members.gocivilairpatrol.com/safety/>

### Inside this issue:

Excessive Heat	2
Heat and Exercise	3
Tick Removal	4
Hazardous Attitudes and Antidotes	5
Allergies	6
Awareness	7
Food safety	8

June

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## UNDERRATED SUMMER PROBLEMS

Here we are again the summer months are upon us. During this time of year everyone needs to be careful when outside in the heat. This is a review of many articles over the years that I have presented on heat related injuries and summer underrated problems.



Hot temperatures and more time spent outdoors can anyone's health and safety at risk, leading to a lot of accidents and tragedies this time of year. We must take actions to prevent issues from arising in all of our activities be it At home or while attending CAP functions.

### Sun and Summer Heat

The most obvious hidden dangers in the summer simply have to do with the heat and can include:

- heat stress and heat stroke, which can be prevented. Keep kids well-hydrated, take frequent breaks when playing outside, and watch for symptoms such as thirst, cramps, fatigue, dizziness, nausea, vomiting, headaches, and fever.
- What about younger children and playgrounds, getting burned on metal slides or other hot playground equipment.
- Sunburns--although you should be aware of the risks of not applying sunscreen or sunblock sunburns are still common (especially if lotions are not used properly.)
- What about children and pets? never leave a child or a pet unattended in a car, even for a few minutes, as a car can get hot quickly,

### Some Other Summer Safety Tips

In addition to using sunscreen, supervising kids around water, and protecting your kids from the heat, you can keep your kids safe this summer by:

- avoiding pourable gel fuel for firepots that have recently been recalled.
- keeping younger kids away from lawn mowers. Despite the need for a summer job or simply wanting to help, remember that the American Academy of Pediatrics advises that children younger than 16 years old should not be allowed to use ride-on mowers; children younger than 12 should not use walk-behind mowers.
- using insect repellents when necessary.
- doing a tick check if your go out, there is an abundance of Ticks this year
- outfitting yourselves and kids with appropriate protective gear, such as a helmet and pads, when riding a bicycle, skateboard, or scooter, or while wearing heelys.
- not eating food that has been left out for more than an hour at barbecues and family picnics, which can cause food poisoning.
- recognize and avoid poison ivy.





## EXCESSIVE HEAT



### Excessive Heat - Another Underrated Problem

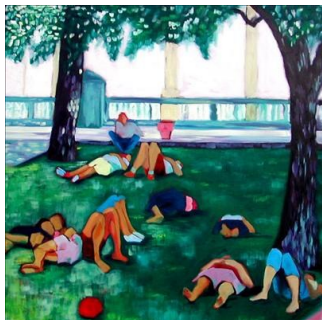
Many of us do not realize how deadly a heat wave can be. In contrast to the visible, destructive, and violent nature of floods, hurricanes, and tornadoes, a heat wave is a "silent killer".

### What is a Heat Wave?

A heat wave is a period of excessive heat lasting two days or more that leads to illnesses and other stresses on people with prolonged exposure to these conditions. High humidity, which often accompanies heat in Missouri, can make the effects of heat even more harmful. While heat related illness and death can occur due to exposure to intense heat in just one afternoon, heat stress on the body has a cumulative effect. Consequently, persistence of a heat wave increases the threat to public health.

### The Urban Heat Problem

Most heat-related deaths occur in cities. Brick and mortar buildings, asphalt streets, and tar roofs absorb daytime heat and slowly release it at night. Consequently, temperatures in urban areas can be warmer than rural areas by several degrees both day and night. This is commonly called the urban "heat island" effect. In addition to the burden of heat, stagnant conditions often develop during heat waves, with pollutants increasing in concentration near the ground and contributing further to public health problems during heat waves.



### Who is Most Vulnerable During a Heat Wave?

The elderly population segment is the most vulnerable to the dangers of heat. Of the 522 deaths that occurred in Chicago during the July 12-16, 1995 heat wave, 371 (73 percent) were age 65 or older. The elderly suffer due to the diminished ability to perspire. Since the function of perspiration is to provide evaporation, which in turn provides cooling, the elderly have a reduced capacity to release heat from the body.

In addition to the elderly, infants, young children, and people with chronic health problems (especially pre-existing heart disease) or disabilities are more vulnerable to the effects of heat waves. People who are not acclimated to hot weather, overexert themselves, are obese, or use alcohol or drugs (including drugs such as antipsychotics, tranquilizers, antidepressants, certain types of sleeping

pills, and drugs for Parkinson's disease) are at great risk. (Source- Centers for Disease Control and Prevention- Morbidity and Mortality Weekly Report)

### Heat Index

The Heat Index (Apparent Temperature) can be found by taking the temperature (number on the left) and relative humidity value (number at the top) and matching them on this table. For example, a temperature of 90 degrees Fahrenheit and a relative humidity of 45 percent gives you a heat index of 93 degrees.

		Relative Humidity (%)															
		40	45	50	55	60	65	70	75	80	85	90	95	100			
Air Temperature °F	110	136													Heat Index (Apparent Temperature)		
	108	130	137														
	106	124	130	137													
	104	119	124	131	137												
	102	114	119	124	130	137											
	100	109	114	118	124	129	136										
	98	105	109	113	117	123	128	134									
	96	101	104	108	112	116	121	126	132								
	94	97	100	103	106	110	114	119	124	129	135						
	92	94	96	99	101	105	108	112	116	121	126	131					
	90	91	93	95	97	100	103	106	109	113	117	122	127	132			
	88	88	89	91	93	95	98	100	103	106	110	113	117	121			
	86	85	87	88	89	91	93	95	97	100	102	105	108	112			
	84	83	84	85	86	88	89	90	92	94	96	98	100	103			
	82	81	82	83	84	84	85	86	88	89	90	91	93	95			
	80	80	80	81	81	82	82	83	84	84	85	86	86	87			

With Prolonged Exposure  
and/or Physical Activity

#### Extreme Danger

Heat stroke or sunstroke  
highly likely

#### Danger

Sunstroke, muscle cramps,  
and/or heat exhaustion likely

#### Extreme Caution

Sunstroke, muscle cramps,  
and/or heat exhaustion possible

#### Caution

Fatigue possible

## Symptoms to Watch For

If you or someone near you begins to suffer from any of these symptoms, seek medical attention immediately.

headaches  
nausea  
excessive thirst  
persistent sleepiness  
flushed skin  
hot red skin  
a sudden rise in body temperature  
a sudden disappearance of perspiration  
confusion  
aggression  
convulsions  
loss of consciousness



## THE HEAT AND EXERCISING

The warm weather of Summer is the perfect time to go outside and have fun. We in CAP do many activities outside. With Ground Team training, Cadet PT, Encampments and excursions with our friends and



family this is one of the favorite times of year because there are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling. I have much in this newsletter on the effects of heat because this is so important and we all need to be fully aware of the fun as well as the dangers.

But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

The biggest problems are staying hydrated and maintaining your body's electrolytes and salt. When you sweat, your body loses not only water, but electrolytes and salt, too. This delicate balance of water and electrolytes is crucial to keep your body functioning properly.

If you don't drink enough water, you can get dehydrated and suffer from lightheadedness and nausea. If not recognized, dehydration can even result in kidney failure and or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

**The time of day is important.** Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

**Wear loose, light-colored.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

**Sunscreen is a must.** I use SPF 45 just to be safe.

It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.



**Stay hydrated.** Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're

done with your workout, have a few more glasses of water.

**Replenish your electrolyte and salt intake** while exercising. I like to use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.

If you can, **choose shaded trails or pathways** that keep you out of the sun.

**Check the weather forecast** before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

Most importantly, **listen to your body.** Stop immediately if you're feeling dizzy, faint or nauseous

**BE SAFE AND**

**HAVE FUN!**



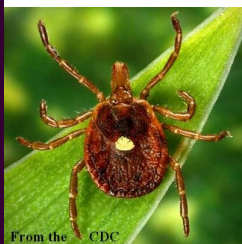
## Tick Removal



This year there are an abundance of Ticks out there. I am amazed at how many Ticks are begin brought in by my Dog this year. He is protected but nonetheless they still come in before the Frontline takes affect. I am also seeing that we must check ourselves more often when just taking a quick walk in the woods and fields.



If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.



Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.



### Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



### Preventing Tick Bites

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

### Avoid Direct Contact with Ticks

- Avoid wooded and bushy areas with high grass and leaf litter. I know this is an issue especially for our ground team members.



Walk in the center of trails.

### Repel Ticks with DEET or Permethrin

- Use repellents that contain 20% or more DEET (N, N-diethyl-m-toluamide) on the

exposed skin for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents. It remains protective through several washings. Pre-treated clothing is available and remains protective for up to 70 washings.

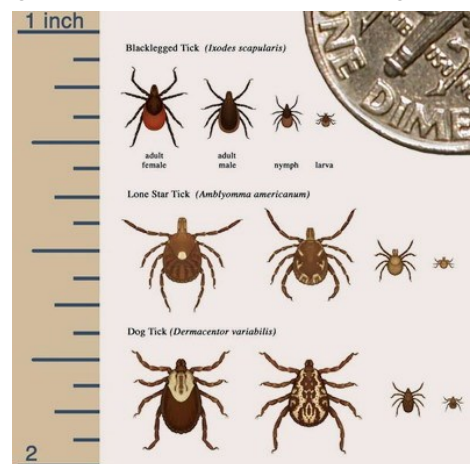
Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/opprpref/insect/>.

## Find and Remove Ticks from Your Body

Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a handheld or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.







## Hazardous Attitudes and Antidotes A Review



I originally posted this article in July of 2010. I believe it is of importance to re-view and take a look at this again.

Being fit to fly depends on more than just a pilot's physical condition and recent experience. For example, attitude will affect the quality of decisions.

Attitude is a motivational predisposition to respond to people, situations, or events in a given manner. Studies have identified five hazardous attitudes that can interfere with the ability to make sound decisions and exercise authority properly: anti-authority, impulsivity, invulnerability, macho, and resignation.

Hazardous attitudes contribute to poor pilot judgment but can be effectively counteracted by redirecting the hazardous attitude so that correct action can be taken. Recognition of hazardous thoughts is the first step toward neutralizing them. After recognizing a thought as hazardous, the pilot should label it as hazardous, then state the corresponding antidote. Antidotes should be memorized for each of the hazardous attitudes so they automatically come to mind when needed.

### The Five Hazardous Attitudes

#### Anti-Authority: "Don't tell me."

This attitude is found in people who do not like anyone telling them what to do. In a sense, they are saying, "No one can tell me what to do. They may be resentful of having someone tell them what to do,

or may regard rules, regulations, and procedures as silly or unnecessary. However, it is always your prerogative to question authority if you feel it is in error.

#### Impulsivity: "Do it quickly."

This is the attitude of people who frequently feel the need to do something, anything, immediately. They do not stop to think about what they are about to do; they do not select the best alternative, and they do the first thing that comes to mind.

#### Invulnerability: "It won't happen to me."

Many people falsely believe that accidents happen to others, but never to them. They know accidents can happen, and they know that anyone can be affected. However, they never really feel or believe that they will be personally involved. Pilots who think this way are more likely to take chances and increase risk.

#### Macho: "I can do it."

Pilots who are always trying to prove that they are better than anyone else think, "I can do it—I'll show them." Pilots with this type of attitude

will try to prove themselves by taking risks in order to impress others. While this pattern is thought to be a male characteristic, women are equally susceptible.

#### Resignation: "What's the use?"

Pilots who think, "What's the use?" do not see themselves as being able to make a great deal of difference in what happens to them. When things go well, the pilot is apt to think that it is good luck. When things go badly, the pilot may feel that someone is out to get me, or attribute it to bad luck. The pilot will leave the action to others, for better or worse. Sometimes, such pilots will even go along with unreasonable requests just to be a "nice guy."

### ANTIDOTES

1. Anti-Authority: Although he knows that flying so low to the ground is prohibited by the regulations, he feels that the regulations are too restrictive in some circumstances.	Follow the rules. They are usually right.
2. Impulsivity: As he is buzzing the park, the airplane does not climb as well as Steve had anticipated and without thinking, Steve pulls back hard on the yoke. The airspeed drops and the airplane is close to a stalling attitude as the wing brushes a power line.	Not so fast. Think first.
3. Invulnerability: Steve is not worried about an accident since he has flown this low many times before and he has not had any problems.	It could happen to me.
4. Macho: Steve often brags to his friends about his skills as a pilot and how close to the ground he flies. During a local pleasure flight in his single-engine airplane, he decides to buzz some friends barbecuing at a nearby park.	Taking chances is foolish.
5. Resignation: Although Steve manages to recover, the wing sustains minor damage. Steve thinks to himself, "It's dangerous for the power company to put those lines so close to a park. If somebody finds out about this I'm going to be in trouble, but it seems like no matter what I do, somebody's always going to criticize."	I'm not helpless. I can make a difference.

## CHICKEN WINGS

BY MICHAEL AND STEFAN STRASSER





## Seasonal Allergies

Allergies are a short-term inflammation of the mucous membranes that line the nasal passages. "Hay fever," as the condition is commonly called, is caused by airborne pollens from trees, grasses, flowers, and weeds. Allergy season typically kicks off in the spring and fall when certain trees or grasses pollinate. When pollen season starts and how long it lasts varies throughout the country.

Allergies caused by pollen and other allergens affect 40 million Americans and cost more than \$1 billion in annual treatment costs. Although it's usually not a dangerous condition, it can be very uncomfortable and, for some people, can severely disrupt daily activities. The standard reactions include sneezing, itchy throat, headache, swollen sinuses, runny nose, and itchy, watery eyes,

### Causes

In allergies, airborne pollen from various seasonal plants—or, in some cases, spores from mold—enter the body through the eyes, nose, or throat, and trigger an allergic reaction. Normally, the immune system does not respond to mild substances like pollen and mold. But in sensitive individuals, the body's defense mechanism views these allergens as it would an infectious agent and mounts an attack. Once the immune system has detected the "invader," it unleashes a cascade of chemicals such as histamine and other compounds resulting in localized inflammation that leads to

Allergen is a broad term for any particle that causes an allergic reaction. In the house, allergens are often [pet dander](#), dust, spores from plants grown inside the house and possibly fumes or construction particles. Outside allergens include pollen and other foreign substances.

Allergen masks, also called allergy masks or simply face masks, are designed to protect people from inhaling large amounts of particles that their immune systems are sensitive to. This prevents a wide range of allergy-related problems, especially sinus troubles and soar throats. While these masks can be made of different materials, there are common rating systems used to measure how effective they are. These masks can be worn indoors to protect against pet dander or outside to prevent against pollen and other allergies, as well as in a medical context.

irritation and discomfort. The symptoms of allergic reaction begin 5 to 10 minutes after allergen exposure, subside within an hour, and may return two to four hours later.

Allergies produce an array of symptoms, including eye irritation, sneezing, and congestion. Hay fever is not caused by hay, nor does it result in fever.

Sneezing, Runny nose, Congestion, Itchy, watery, red eyes, Itchy throat, Dry cough, Impaired sense of taste or smell, Sleep disturbances

Allergies themselves are not serious. However, infections—such as a sinus infection characterized by fever, pain, and green or yellow nasal discharge—can mimic allergies.

Over-the-counter (OTC) allergy medications may ease your discomfort. Antihistamines can stop the itching and sneezing caused by the release of histamine that the body produces in response to allergens. Antihistamines block the action of histamine. There are many over-the-counter varieties, including diphenhydramine (Benadryl) and clemastine (Tavist).

Your doctor is the best source of information on the drug treatment choices available to you.

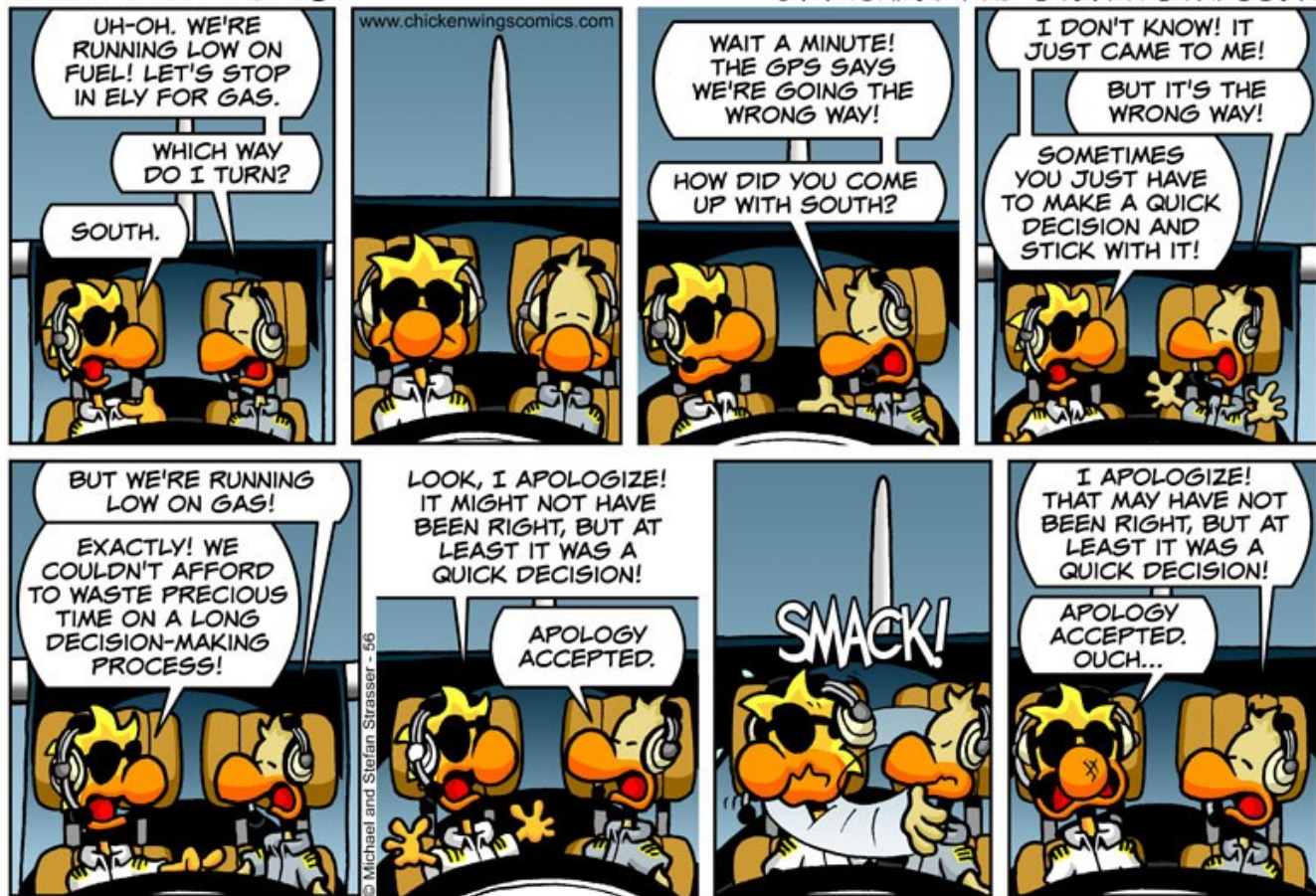
Allergen masks are usually designed to be worn outside, especially when working or engaging in physical activity that exposes the user to particles they are allergic to. In the workplace, other allergens such as chemical pollutants may be present and some workers are required to wear allergen masks as they work. Bacteria can also be considered an allergen





# CHICKEN WINGS®

BY MICHAEL AND STEFAN STRASSER

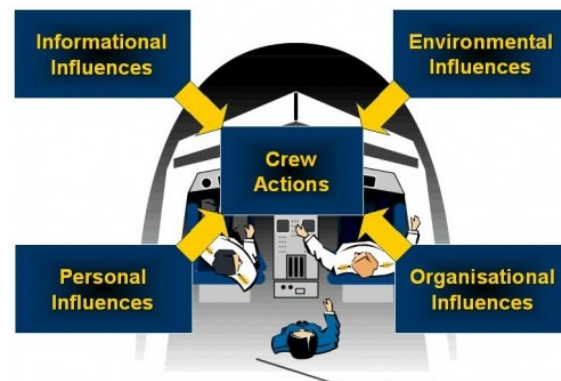


**Situation awareness** is the perception of environmental elements with respect to time and/or space, the comprehension of their meaning, and the projection of their status after some variable has changed, such as time. It is also a field of study concerned with perception of the environment critical to decision-makers in complex, dynamic areas from aviation, command and control, and emergency services such as fire-fighting and policing; to more ordinary but nevertheless complex tasks such as driving an automobile or bicycle.

Situation awareness involves being aware of what is happening in the vicinity to understand how information, events, and one's own actions will impact goals and objectives, both immediately and in the near future.

Lacking or inadequate situation awareness has been identified as one of the primary factors in accidents attributed to human error. Thus, situation awareness is especially important in work domains where the information flow can be quite high and poor decisions may lead to serious consequences (e.g., piloting an airplane, functioning as a CAP Member, or treating critically ill or injured patients).

Having complete, accurate and up-to-the-minute SA is essential where technological and situational complexity on the human decision-maker are a concern. Situation awareness has been recognized as a critical, yet often elusive, foundation for successful decision-making across a broad range of complex and dynamic systems







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***Safety Starts  
With YOU!***



### **Remember—Remember –Remember**

We take Safety very seriously and Safety is an everyday thing that needs to be included in everything that we do. Safety can not be neglected or bypassed just because it is more convenient to do so.

**BE SAFE**

### **Summer food safety tips**

#### **Preparation is key**

While preparing for your BBQ or picnic make sure you have the proper equipment. You want to have a few different coolers along with plenty of ice (block ice is best because it melts slower). Place serving utensils with each item and have plenty of plates and napkins available so your guests don't use their hands (touching food can transmit bacteria). Bring hand sanitizer and make sure everyone washes their hands before they eat.

#### **Prevent cross-contamination**

When packing the cooler, wrap each food item securely and separately. You don't want meat touching cheese or raw food coming in contact with cooked foods or produce. And when cooking, use separate plates and utensils for raw and cooked foods.

#### **Keep cold food cold**

One of the biggest culprits of food-borne bacteria is perishable food that becomes warm. Keep dishes containing mayonnaise, eggs, cheese, meats, or fish in the refrigerator or cold on ice until ready to serve. To keep food cold while serving, you can place bowls filled with the food in larger bowls that are filled with ice. Also, when transporting the food, keep it in the air-

conditioned car instead of the hot trunk.

#### **Keep food covered**

While you are eating, keep food that is out on the table covered. This will keep bugs or debris from contaminating it.

#### **Wash all produce**

Produce that has not been properly washed can cause a foodborne illness. Wash all produce; even produce that has a peel or skin that you can remove. Before you pack washed produce, be sure to pat it dry thoroughly. Moisture is a host for bacteria.

#### **Leave the leftovers**

Discard any cold food that has been in the heat for more than two hours, even if doesn't feel particularly warm. Additionally, hot foods that have been left out for two hours should also be tossed.

